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T.O. doc leads Peshawar effort

Support for survivors. Local pediatrician plans counselling for students returning to school in aftermath of Taliban attack that killed 141

ROSEMARY WESTWOOD
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A Toronto pediatrician is spearheading international efforts to support survivors of a brutal terrorist attack that targeted children in Pakistan.

Zulfiqar Bhutta — president-elect of the International Pediatric Association — said his organization is collaborating with local pediatricians on rehabilitation and recovery efforts, in the wake of the Dec. 16 Taliban attack on a school in Peshawar that killed 141 people, most of them children.

"We have made available to the Pakistan pediatricians a lot of support for children and families with post-traumatic stress," Bhutta said.

Scenes from the school on the day of the attack showed bullet-pocked walls and bloodied floors strewn with notebooks. Witnesses said seven Taliban gunman entered classrooms and indiscriminately opened fire on students.

The plan is to have counselling ready for students when they return to the school in the new year, said Bhutta, a native of Peshawar who is also co-chairman of the Centre for Global Child Health at SickKids hospital.

Zulfiqar Bhutta is helping in the aftermath of an attack on a school in Pakistan. CONTRIBUTED

"There were over 1,000 children (at the school), and many survivors," he said. "When they come in, how do they deal with the environment, the memories, the shock, the trauma?"

The International Pediatric Association is helping to organize training workshops for pediatricians and other medical support staff on best approaches for helping children with PTSD, he said. It's also helping implement counselling strategies in some of the key hospital outpatient areas.

Bhutta said he has warned some foreign pediatricians looking to volunteer not to travel to Peshawar, at least for now.

"The one thing we want to avoid is a lot of foreign experts descending upon Peshawar without the cultural sensitivities or local knowledge," he said. "Peshawar is no stranger to trauma."

The city has been repeatedly targeted by the Taliban, making for a medical community with an unusual amount of experience dealing with the trauma of mass violence.

"There are quite a number of people locally who have the expertise and willingness to step up and do what they've done for the last 10, 20 years," Bhutta said.

Quoted

"As you can imagine, something like this would have consequences that go way beyond the immediate aftermath."

Zulfiqar Bhutta, president-elect of the International Pediatric Association and co-chairman of the Centre for Global Child Health at SickKids hospital

FERRY FIRE TRAPS HUNDREDS IN ADRIATIC SEA

A woman is lifted by a helicopter from the ferry Norman Atlantic, after the ferry caught fire in the Adriatic Sea on Sunday. Hundreds of passengers and crew braved smoke, fire, frigid temperatures and gale-force winds as they waited nearly a day to be rescued from the ferry, adrift in rough seas between Italy and Albania. At least one person died and two were injured in the rescue. With many passengers still on board, officials were expecting a "very difficult night." Go to metronews.ca for the latest. ITALIAN NAVY/THE ASSOCIATED PRESS

A bad moon rising over subway plan

Metro's Matt Elliott hates to break it to you, but the future isn't looking bright for the Scarborough extension PAGE 11

Daily Bread struggling to meet its goal

Food bank is "worried" it may not be able to reach its $2.5-million holiday food drive target PAGE 7

Canada's juniors to face first real test

After a pair of lopsided wins, Lazar and Co. take on feisty Finland in Montreal PAGE 20

Screeching to a fault

Saved by the Bell's Dustin Diamond arrested at a bar in Wisconsin for allegedly stabbing another patron with a switchblade PAGE 12

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The evolution of the Toronto Raptors logo. PHOTO ILLUSTRATION BY DAVID VAN DYKE

Still life in the old dino yet

Raptors rebrand. With new logo set to hit stores this summer, old insignia with its red raptor is likely to increase in value, say memorabilia pundits

GILBERT NGABO
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That jersey sporting a red raptor with a big smile dribbling the basketball on a black or purple circle? You may want to hold on to it.

As the Toronto Raptors continue the process of ushering in its new logo, sports memorabilia pundits predict a value hike for the team's old insignia.

"The old logo is always good, right?" said Steven Panet, owner of Fastball, a shop that buys and sells sports and non-sports collectibles in Toronto. "It's probably going to take a while for it to get more valuable, a couple of years I would think, and the interest will be higher."

The Raptors unveiled a new logo for the currently red-hot basketball team a couple of weeks ago. The logo features stylized claw marks on a basketball, and the team confirmed that red, black and silver would be the primary colours of the logo, while black and gold will be the colours of the secondary version.

Items featuring the new logo are set to go on sale this coming summer.

There was a lot of criticism — from brand experts and fans — about the new logo. Some said it's too similar to that of the Brooklyn Nets, a team that has little love from the Toronto fan base after kicking the Raptors out of the playoffs last season.

Panet said the new logo "is nice" and will probably increase selling revenues for the franchise, but people won't forget about the old symbol quickly.

"That's just how it works. You make a new logo, the old one becomes more precious and expensive," he said.

"I personally like the old logo," he added. "People seem to like it so much, I think."

The Raptors' original logo of a dinosaur dribbling a basketball on a purple circle was updated once in the 2008-09 season. The addition was only a red background in the circle.

Your library wants to buy that new, gently read book

It's the week after Christmas — also known as the time of year to make space on your bookshelf for the onslaught of bestselling hardcovers you may have received.

Enter the Toronto Reference Library, which is offering to help you clear out new-ish books that you've already read.

The library is buying popular adult fiction titles — used but in good condition — for $5 each. It has an online list of 100 titles, including Miriam Toews' All My Puny Sorrows (which recently had 824 holds on 236 copies) and this year's Scotiabank Giller Prize winner Us Conductors by Sean Michaels (which recently had 813 holds on 164 copies).

The pilot project is an effort to stock more in-demand titles, and "determine the practicality of buying used books from the public," according to the library.

The list will be altered and updated monthly.

ROSEMARY WESTWOOD/METRO

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Porter Airlines

Toronto flight to Washington, D.C., diverted due to smoke on board

A Porter Airlines flight carrying 66 passengers from Toronto to Washington, D.C., was diverted when smoke entered the flight deck and cabin.

Spokesman Brad Cicero says the plane was diverted to Williamsport, Pa., after leaving Billy Bishop Airport at 8 a.m on Sunday.

He says the smoke was mainly in the flight deck, but that some was visible in the cabin.

Cicero says no one was injured.

He says the smoke was cleared and the aircraft landed safely. Cicero says another plane was brought in to take the passengers to Washington.

THE CANADIAN PRESS

On the web

For more local news, go to metronews.ca

Fur crying out loud, will you take a look at this? University of Toronto student Esther Vlessing models one of her Arctic Trim products.
CONTRIBUTED

Fur real: U of T student creates coats with flair

Special ruffs and cuffs. Arctic Trim hits store shelves

MIKE DONACHIE
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If you're tired of your winter coat, one enterprising Toronto student has an answer for you.

Esther Vlessing wants to add a little colour to Canadians as they cope with the darkest season, and her big idea just got picked up by a major retailer.

"I think that everybody is starting to look the same during wintertime," Vlessing said. "This is a chance for people to individualize their winter coats. Us Canadians, we don't have as much expression as I think we should in our winter coat choice.

"One jacket is so expensive; we can't get three or four."

But now we can.

Vlessing's startup company, Arctic Trim, offers fur additions that easily can be added to coats' hoods and sleeves. It takes only a moment, she says, to apply a little flair to that dull jacket.

The hood attachments zip on, while the cuffs come with hidden magnets.

Vlessing is in her third year at the University of Toronto, working toward a double major in biotechnology and psychology, but she's found time to establish herself as an entrepreneur, thanks to the wintry idea she had during a conversation in a U of T dorm room.

Although she had a startup grant from the Ontario government, she hit a wall when it came to getting her product sold, despite a series of pitches made to retailers.

But then it all started to happen, with help from professors after she signed up for an entrepreneurship class.

"I had essentially given up," she said. "I thought it was a great experience. I'd taken all the steps."

Vlessing was mentored by professors in the school's innovation and entrepreneurship class, who'd been through the same thing, and their message was: Keep going.

So she did.

"I went out for more sales meetings and more pitches in October, and at the end of October I got a big order from Sporting Life." For some, that's just a dream. But fur Vlessing, it is fur real.

At a glance

- Arctic Trim products made their way into Sporting Life stores over the weekend.
- There are six varieties of ruffs, to be added to hoods, and two varieties of cuffs, which attach to sleeves.
- The fashionable fur starts at about $230.

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Clockwise from top left: Canadian filmmaker David Cronenberg arrives at the funeral service for Edward Greenspan at the Beth Torah Congregation in North York Sunday; Blue Jays' president and CEO Paul Beeston arrives; convicted forger Garth Drabinsky arrives; Mel Lastman and wife Marilyn arrive at the funeral service; the family of Edward Greenspan leave following the funeral service. ALL PHOTOS BERNARD WEIL/TORSTAR NEWS SERVICE

Hundreds attend Greenspan funeral

Legal giant. Criminal lawyer told daughter he wanted his eulogy to be funny, unsentimental

Since his sudden death last week, Edward Greenspan has been remembered for his forceful advocacy, his devotion to the justice system and for a legacy of inspiring past and future generations of criminal lawyers.

On Sunday, those closest to Greenspan eulogized the legal giant with a mix of heartfelt and humorous anecdotes at a funeral packed with 800 mourners that included many judges, Crown attorneys, defence colleagues and clients.

Greenspan died of heart failure in his sleep Christmas Eve hours after family members ate dinner together at their vacation home in Phoenix, Ariz. He was 70.

Along with a who's who of the legal profession, prominent Torontonians in attendance included filmmaker David Cronenberg, former Toronto mayor Mel Lastman, Blue Jays' president and CEO Paul Beeston, longtime friend and co-author, George Jonas, and former theatre mogul Garth Drabinsky, whom Greenspan defended on fraud and forgery charges.

Quoted

"He was unfailingly and genuinely courteous and respectful to everyone he met." Brian Greenspan

"My brother Eddie ascended, eventually transcended the very peak of the legal profession. A fiercely talented young advocate, he rose to become a model for all of us who wanted to be lawyers in the first place," said his younger brother, Brian Greenspan, also a celebrated criminal lawyer.

While Greenspan's passion for justice was the public side of his personality, it represented only one aspect of his remarkable life, his brother told the congregation at Beth Torah Synagogue.

"Despite his apparent comfort and ease with the smell of the greasepaint and the roar of the crowd, he was intensely private, in some ways almost shy."

Brian shared stories of the brothers growing up in Niagara Falls with their sister, Rosann, today the executive director of the Center for the Study of Law and Society at UC Berkeley in California.

Julianna Greenspan, a lawyer and partner in her father's firm, poked fun at her dad's competitive side, his love of food and for being a "technological moron." She assured mourners she was complying with her father's instructions by delivering a humour-laced eulogy.

"It made him crazy that he couldn't give his own eulogy," she said. "He gave me an order: when I die you must be funny, very funny, no sentimental bull--t," she said, adding, "Sorry, rabbi," to Yossi Sapirman, who was standing nearby.

Julianna also joked about her father's decades-long prominence in the press, "partly because he was always available," and possessed an "enormous head" that looked "fantastic" on television.

"If my father knew the outpouring of press coverage would have been so enormous, he would have faked his death years ago."

Her composure cracked several times, especially when paying tribute to her mother, Suzy, who was sitting in the front row with other family members behind the casket. The couple had been married for 48 years.

"She made his life wonderful. She made his life worth living. She was the silent partner in his law practice and in his life," said Julianna, mother of Greenspan's three granddaughters. TORSTAR NEWS SERVICE

Food bank struggling to meet Holiday Drive goals

Daily Bread. Charity 'worried' about reaching $2.5M target

Gail Nyberg, head of Daily Bread Food Bank, gets help from volunteers to sort carrots last month. TORSTAR NEWS SERVICE

As Toronto merrymakers battle the urge to overindulge this holiday season, the Daily Bread Food Bank is fighting to meet its holiday food drive goals.

The charity's Holiday Drive ends on Wednesday and as of Saturday, the food bank was a little over halfway toward its targets of $2.5 million and one million pounds of food.

"While that number should increase substantially over the next few days, I am worried whether we will reach our goal of $2.5 million by Dec. 31," said Gail Nyberg, Daily Bread's executive director in a news release.

Holiday Drive donations will be distributed among 200 different shelters, hostels and neighbourhood meal programs across Toronto, which help to feed families and individuals who are struggling to get by.

Every $1 donated to Daily Bread, enables the charity to distribute $5 worth of food, said the release.

The Holiday Drive has raised about $1,828,000 and collected 505,000 pounds of food so far.

According to its 2013-14 annual report, 700,700 visits were made to Daily Bread member agencies between April 2013 and March 2014.

Children make up 31 per cent of food bank clients, and 41 per cent of adult clients reported going hungry at least once a week, said the report.

The Daily Bread asks for non-perishable food items, which can be donated at local fire stations and participating grocery stores.

The items most needed are peanut butter, canned fish, canned fruits and vegetables, dried or canned beans, baby food and formula, cereal, rice, pasta and tomato sauce.

Hundreds of volunteers will be on hand this weekend, to sort and pack donations at the Daily Bread headquarters in Etobicoke — so many in fact, that no more are needed.

TORSTAR NEWS SERVICE

Emerald ash borer. Tree killer here to stay

Residents of the GTA, kiss your ashes goodbye.

The emerald ash borer (EAB), an invasive pest killing Southern Ontario's ash trees, is here to stay — much to the chagrin of residents who are watching as their tree-lined streets are stripped naked.

"If nobody's come into your community and cut the trees down, you may not even be aware they're dying," said Mark Cullen, expert gardener and columnist for Torstar News Service's homes and condos section. "But when someone comes along with a chainsaw and clear-cuts a whole street of ash trees, you go, 'Oh. Holy crap. What happened?' "

Cullen said Toronto and the GTA are in the midst the bug's destructive wrath — in Mississauga, for example, signs have popped up near wooded areas recently notifying residents trees will be chopped in the coming weeks.

The City of Toronto estimates most of the city's 860,000 ash trees will be affected, with most killed by 2015 or 2017. Death usually occurs within two to three years of infestation. The city has spent more than $3 million on injections for its ash trees, but there is no guarantee the medicine will be effective.

Quoted

"It's huge right now ... Any ash tree in its path is going to get killed, unless it's been treated."
Mark Cullen, gardener

The ash trees make up more than eight per cent of the city's tree canopy — the layer of Toronto trees seen from the sky — which is "massive," said Cullen.

The city is managing approximately 82,000 of the ash trees, with 50,000 in parks and 32,000 on street boulevards, said Beth McEwan, manager of urban forest renewal with the city.

In Toronto, residents who live beside a tree that's marked for removal are notified with a door hanger, said McEwan. The affected tree is also marked with an orange dot, she said.

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Immigration. Error rate sparks integrity concerns

Government internal reviews have identified "a high error rate" in immigration processing ranging from permanent resident applications to refugee work permits, prompting fear over the system's integrity.

The human errors — failing to use correct form letters, address missing documents and provide accurate timelines, among others — not only could cost individual applicants a chance to live and work in Canada, but also affect the "efficiency of the system," creating unnecessary backlogs.

"An important area of concern resides with the letters. The number of request letters not sent, sent incomplete or unclear at initial stage and later on create a negative impact on both clients and the Case Processing Centre in Vegreville, Alta.," said the evaluation of the Alberta centre's operation, one of three internal reports obtained under an access to information request.

According to a Centre review of 996 files from Nov. 1 to Dec. 6, 2014, of 617 requests 13 per cent did not address missing items, 23 per cent did not define consequences for not meeting reply deadlines, while six were "not professional" or the incorrect template was used. THE CANADIAN PRESS

Surrey, B.C.

Man dead after weekend shooting

One man is dead following an officer-involved shooting that is now under investigation by the province's police watchdog.

The shooting took place just after 8 a.m. Sunday at a Safeway store in the north Surrey community known as Whalley.

Also in the region, investigators responded Friday night and Saturday in Abbotsford to the scene of a fatal traffic accident between a teenage pedestrian and an off-duty police officer who was driving his own car. THE CANADIAN PRESS

Bad reputation no deterrent to scores of political aspirants

MPs watch as the Aga Khan, spiritual leader of the Ismaili Muslims, delivers an address in the House of Commons on Feb. 27. Hundreds of Canadians are fighting for the opportunity to dive into what the majority of their fellow citizens appear to consider a cesspool: politics. SEAN KILPATRICK/THE CANADIAN PRESS

Jumping into the fray. Recent poll shows about 78% of Canadians feel doctors are trustworthy, while 13% think politicians are

How many people would fight to enter a profession almost guaranteed to secure a reputation as a self-serving liar and cheat, if not an outright crook?

Hundreds of Canadians are giving up successful careers to carry the flags of their preferred political parties in 338 ridings across the country in next year's federal election. Some fought long, hard nomination battles for the right to have their names on the ballot; hundreds more are still in the process of nomination contests.

A recent poll by The Gandalf Group for Ryerson University suggests only 13 per cent of Canadians trusted politicians to behave ethically, slightly ahead of lobbyists. By contrast, 78 per cent deemed doctors to be trustworthy.

The online survey — conducted between Oct. 17 and 22 — polled 1,039 people. The poll could not be assigned a margin of error as it is not a random sample and does not necessarily reflect the whole of the population. THE CANADIAN PRESS

Why run?

Why leave a respected position to pursue one of the country's least? Family doctor Jane Philpott, whose profession ranks among the most respected in Canada, thinks that's a good question.

- **Matter of trust.** "To go from that to being a politician as the least respected might make one think I'm crazy," said Philpott, who will run for the Liberal party in her Markham-Stouffville riding.

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Ukrainians literally donating for their cause

A Ukrainian army soldier gets Christmas food from a volunteer in Debaltsevo, Ukraine. Volunteer groups across Ukraine are helping soldiers fighting in the east of the country against pro-Russian separatists. EFREM LUKATSKY/THE ASSOCIATED PRESS

Air Asia plane still missing, 162 aboard

Over 24 hours. Search crews resume work over Indonesian waters

Relatives of the passengers of AirAsia flight QZ8015 wait for the latest news on the search of the missing jetliner at Juanda International Airport in Sura baya, East Java, Indonesia, Sunday. TRISNADI/THE ASSOCIATED PRESS

The search for a missing AirAsia jet carrying 162 people that disappeared more than 24 hours ago on a flight from Indonesia to Singapore resumed with first light Monday.

First Admiral Sigit Setiayana, the Naval Aviation Center commander at the Surabaya air force base, said that 12 navy ships, five planes, three helicopters and a number of warships were talking part, along with ships and planes from Singapore and Malaysia.

Setiaya said visibility was good. "God willing, we can find it soon," he said.

AirAsia Flight 8501 vanished in airspace thick with storm clouds on its way from Surabaya, Indonesia, to Singapore.

Searchers had to fight against heavy rain on Sunday before work was suspended due to darkness.

The plane's disappearance and suspected crash caps an astonishingly tragic year for air travel in Southeast Asia.

The Malaysia-based carrier's loss comes on top of the still-unexplained disappearance of Malaysia Airlines Flight 370 in March and the downing of Malaysia Airlines Flight 17 in July over Ukraine.

THE ASSOCIATED PRESS

Likely no Canadians

The Foreign Affairs Department says there's no indication of any Canadians on board the missing flight. But a spokesperson says Canadian officials are working to confirm that with local authorities.

Snow blankets Balkans

One dead, 26 injured in Slovenia blizzard pileup

Police in Slovenia say a truck skidded in a blizzard, causing a pileup that killed one person and injured 26.

About 50 vehicles were involved in Sunday's accident on a motorway connecting the capital, Ljubljana, with the Adriatic coast. Police have closed the road for traffic.

Heavy snow and strong winds have engulfed much of the Balkans during the weekend for the first time this winter.

THE ASSOCIATED PRESS

'Less rhetoric'

'More dialogue,' says NYPD chief

New York City's police commissioner called Sunday for a "lot less rhetoric and a lot more dialogue" to defuse the tension between police and the public in the U.S.

THE ASSOCIATED PRESS

Jon McBride, who designs and builds drones, flies a training drone during a demonstration in Brigham City, Utah, earlier this year. In the U.S., the Obama administration is close to proposing long-awaited rules for commercial drone operations, but key decisions on how much access to grant drones are likely to come from Congress next year. RICK BOWMER/THE ASSOCIATED PRESS FILE

U.S. drone rules almost ready

Pushback. Private and commercial pilots worry about possible collisions in the air

The Obama administration is on the verge of proposing long-awaited rules for commercial drone operations in U.S. skies, but key decisions on how much access to grant drones are likely to come from Congress next year.

Federal Aviation Administration officials have said they wanted to release proposed rules before the end of this month, but other government and industry officials say they are likely to be delayed until January. Meanwhile, except for a small number of companies that have received FAA exemptions, a ban on commercial drone flights remains in place. Even after rules are proposed, it is likely to be two or three years before regulations become final.

Every year the ban remains in place, the United States loses more than $10 billion US in potential economic benefits that drones could provide, according to the Association for Unmanned Vehicle Systems International, a trade group.

One of the House Transportation and Infrastructure Committee's priorities next year is writing legislation to reauthorize FAA programs and overhaul aviation policy. The bill is expected to include directions from lawmakers on how to integrate drones into the nation's aviation system. The last reauthorization bill, passed in 2012, directed the agency to integrate drones by Sept. 30, 2015, but it's clear the FAA will miss that deadline.

The FAA is expected to propose restricting drones weighing less than 25 kilograms to altitudes below 400 feet, forbid nighttime flights and require drones be kept within sight of their operators. Drone operators may also be required to get pilot's licences, a possibility already drawing fire from critics who say the skills needed to fly a manned aircraft are different from those needed to operate a drone.

THE ASSOCIATED PRESS

Quoted

"As a (Boeing) 737 captain, I'll be damned if myself and 178 other people are taken down by a 12-pound or a 50-pound or a 150-pound piece of metal coming through my windshield."

Ben Berman, a Boeing 737 pilot, at a recent forum hosted by the Air Line Pilots Association.

The regulation game

FAA officials in the U.S. have been working on drone regulations for nearly a decade. The agency twice drafted regulations that were later rejected by the White House or Transportation Department.

- The FAA has long maintained that unmanned aircraft must meet the same regulations as manned aircraft.
- FAA officials more recently have begun talking about "risk-based" regulations, giving industry officials hope the agency might propose a blanket exemption from regulations for the smallest drones — usually defined as weighing under five pounds — as long as operators follow a few basic safety rules.
- Canadian authorities recently approved a blanket exemption for very small drones.
- Regulations permit recreational users to fly small drones as long as they stay at least five miles (eight kilometres) away from an airport, limit flights to less than 400 feet in altitude, keep the aircraft in line of sight and fly only during the daytime.
- Retailers say small drones, which are indistinguishable from today's more sophisticated model aircraft, were popular gifts this Christmas.

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VOICES

A BAD OMEN

Columnist Matt Elliott hates to be the bearer of bad news, but he can't see anything good coming out of council tampering with the Scarborough subway plan

TORY'S TORONTO
Matt Elliott

I'm no psychic, but when it comes to Toronto's next subway project, I'm pretty sure I can see the future.

And as much as I hate to write this so close to the optimism and fireworks of New Year's Eve, the future doesn't look bright.

Last week, Coun. Glenn De Baeremaeker announced his belief that the Scarborough subway extension should have at least one more station than was shown in the original plans. Even if he doesn't get his wish for a stop near Danforth Road and Eglinton Avenue, an elected official musing about changing the scope of a project like this isn't just bad news — it's a bad omen.

There's a domino effect that tends to follow this kind of political tampering. One elected official musing about an extra station leads to other elected officials making more demands for changes.

The net result? A Scarborough subway project that probably will cost way more than original estimates.

The project has always been vulnerable to this kind of thing. When Toronto city council first broached the subject of replacing its approved plans for a seven-stop Scarborough LRT with a three-stop subway extension, the staff report warned the "lack of time to consider all necessary assumptions related to the subway option introduces risk when considering transportation network and land use implications."

In other words, the subway was cooked up on the quick. While the LRT had been in the works for years — with at least $85 million spent on preliminary work, which will now be absorbed as sunk costs — the subway plan came together over the course of a few weeks.

So there's a lot left to figure out. Despite being described by some councillors as a done deal, the exact route the subway will take is still to be determined, and design work is still a long way from finished. And there are no guarantees that the Scarborough RT will be able to maintain reliable operations until the subway opens.

Also to be determined? The, um, actual cost. The original estimate of about $3.5 billion came with a note warning that the final figure could vary by as much as 30 per cent.

The implications of all this uncertainty are dire. Unlike with the LRT project, where the province was committed to picking up the tab in full, any cost overruns on the subway will be the city's responsibility.

I'll fearlessly predict right now that, unless something changes, there will be cost overruns. And those cost overruns will mean either steep property tax increases or years of city budgets where other priorities are tossed aside to make way for the Scarborough subway. I'd bet on the latter.

It's a story with a sad and avoidable conclusion. Toronto should resolve to do better.

Your Toronto

Smooth moves

Photo submitted by reader Mike Brassard

A Zamboni polishes the ice at Nathan Phillips Square as eager skaters wait on the sidelines. CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-resolution snaps of your city to readers@metronews.ca

Upcoming

Holiday gore and more

Nothing says "the holidays" like learning how to create gory special-effects prosthetics and makeup. At least that's how TIFF sees it. A workshop on Wednesday is honed in on all that gore as part of TIFF's holiday offerings for kids. The prosthetics and special effects workshop runs from 10 a.m. to 4 p.m. and costs $45. It's open only to kids ages 12 to 15, but other workshops are open to younger film lovers who can learn how to make a film in a day, use stop-motion animation, design a video game or make a viral video or meme. All workshops take place at the TIFF Bell Lightbox (350 King St. W.). Visit tiff.net for more info.
ROSEMARY WESTWOOD/METRO

Brrr-ing in the New Year

It's a new year, and that can only mean one thing — stripping off (most of) your clothes and jumping into some chilly waters. The Polar Bear Dip returns to Toronto on Thursday, with hundreds of folks planning to hop in frigid Lake Ontario to raise money for Habitat for Humanity. You can get all ofthe signup details at torontopolarbear.com. METRO

Go out with a bang

There are tons of things to do in Toronto for New Year's Eve, but if you're looking for the official, unofficial family-friendly party, it's happening at Nathan Phillips Square. The skating rink will be ready to go at 8 p.m., and performers will start on the main stage at 10 p.m. There will also be plenty of food trucks — the city's promising a "fleet" — and games, including a game of rough-and-tough street curling. It all wraps up with fireworks at midnight. ANGELA MULLINS/METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Dustin "Screech" Diamond OZAUKEE COUNTY SHERIFF/THE ASSOCIATED PRESS

What would Mr. Belding say? Screech arrested for stabbing

Dustin Diamond, best known for playing Screech on the TV series Saved by the Bell, was arrested late on Christmas Day at a Wisconsin bar after allegedly stabbing another patron with a switchblade following an argument. The victim was treated for a non-life-threatening stab wound and is resting at home.

Diamond, meanwhile, is said to be claiming self-defence, insisting that he and his girlfriend were attacked. He fled the premises following the incident but was found nearby in his car with his girlfriend, who was charged with disorderly conduct.

According to the Ozaukee County Sherriff's Department, Diamond was charged with carrying a concealed weapon, possession of a switchblade and first-degree recklessly endangering safety. He appeared in court Friday, at which point his bail was set at $10,000 US.

Diamond has had a rough go of it in the entertainment industry after appearing in Saved by the Bell starting in 1989, plus its follow-up series Saved by the Bell: the College Years and Saved by the Bell: the New Class. He has appeared on Hollywood Squares, Celebrity Fit Club and Celebrity Big Brother, took part in a Celebrity Boxing match against late Welcome Back Kotter star Ron Palillo and tried to save his Wisconsin home from foreclosure in 2006 by selling T-shirts. In 2010, he released a tell-all autobiography, Behind the Bell, and in 2006 he even released his own sex tape that he later claimed was faked. At least the recent Lifetime movie about Saved by the Bell made him look good.

Sam tells Oprah he has no regrets about coming out

Michael Sam dismissed the thought that his sexuality has cost him a spot in the NFL.

"I don't like to think that way," Sam said in an Oprah Winfrey Network documentary that aired Saturday night. "But I do believe I'm a very talented football player and I'm going to continue working hard and try to get that opportunity to play in the league."

Sam said coming out was the right thing to do. He would have preferred the news come out after he informed the team that drafted him, but he feared it would be revealed and felt pressure to control the situation. "It didn't need to be public," Sam said. "Why do gay people have to do it?"

The production was billed as the player's first TV appearance since being cut by the Dallas Cowboys in mid-October.

THE ASSOCIATED PRESS

Michael Sam and his boyfriend Vito Cammisano GETTY IMAGES

Tim Burton and Helena Bonham Carter GETTY IMAGES

Burton, Bonham Carter split after 13 years

Just in time for most people to be too busy with their own holiday plans to notice, Tim Burton and Helena Bonham Carter have announced that they've called it quits after 13 years together. While the announcement comes with the release of Big Eyes, Burton's latest film — and a rare one not featuring Carter — it's unclear exactly when they really broke up. "Tim Burton and Helena Bonham Carter separated amicably earlier this year and have continued to be friends and co-parent their children," reps for both tell People magazine. It's unclear if, now that they've split, they will continue to live in separate but adjoining houses in London's fancy Belsize Park neighbourhood.

DVD review

The Equalizer

Director. Antoine Fuqua

Stars. Denzel Washington

Denzel Washington's powerful presence elevates the comic book violence of The Equalizer, which reunites him with his Training Day director Antoine Fuqua.

Precious little story (or back story) is offered from screenwriter Richard Wenk (The Expendables 2), but not much is needed for a tale this primal and an actor this watchable.

Washington's vigilante loner character, former spy Robert McCall, actually originates from 1980s TV rather than graphic novels, but the latter somehow feels more likely.

McCall lives alone in a blue-collar Boston neighbourhood, his past one of shadows and secrets, his present one of plain living and public transit. He works as a stock clerk in a big-box hardware depot, a friendly and steady older hand.

He's a man of the clock and of habit, the kind of guy who puts a stopwatch to everything. This includes, as we'll soon see, the extremely rough but precisely timed justice he administers to whomever he catches preying upon the weak and innocent, in a 'hood where the cops are as dirty as the crooks.

He befriends young Russian hooker Teri (Chloë Grace Moretz), who works for some very bad tattooed dudes. They're bossed by charismatic hit man Teddy (Marton Csokas), who looks and acts like a Russian version of Kevin Spacey and who represents Moscow kingpin Vladimir Pushkin (Vladimir Kulich).

A line is crossed. McCall feels the call to action, and retribution: "You do something about it because you can."

Lean, forceful and completely convincing, Washington redeems what would otherwise be generic genre trash. **PETER HOWELL**

The past year was a great one for gaming. From a savvy satirical South Park role playing game, to battling orcs in Middle Earth, there was a beautifully designed world to suit every kind of player. So here, then, are the top picks from 2014

THE ASSOCIATED PRESS

Dragon Age: Inquisition

(BioWare, for PlayStation 3, PlayStation 4, Xbox 360, Xbox One, PC)

BioWare's overstuffed role-playing epic has everything you could want in a fantasy saga: war, magic, exploration, romance and, yes, dragons. You can spend 200 hours in its lush, frightening world and still have huge areas you've barely visited. Take more time off over the holidays, you'll need it to explore this game.

Hearthstone: Heroes of Warcraft

(Blizzard Entertainment, for PC, iOS and Android)

Blizzard Entertainment, masters of massively multiplayer online worlds, scaled down with this delightful collectible card game. It's simple enough for any newcomer to enjoy, but you'll want to spend hours tinkering with your deck. Each card is so beautifully detailed that you can almost see the monsters within coming to life.

South Park: The Stick of Truth

(Obsidian Entertainment, for PlayStation 3, Xbox 360 and PC)

From the sublime to the ridiculous, as Cartman and friends defend their town from aliens, Nazi zombies and Al Gore, Stick of Truth goes way beyond your typical licensed-game fan service, delivering a terrific role-playing game that doubles as a savvy parody of the genre's cliches.

Middle-earth: Shadow of Mordor

(Monolith Productions, for PlayStation 3, PlayStation 4, Xbox 360, Xbox One, PC)

In Monolith Productions' brilliant take on J.R.R. Tolkien, you must challenge a series of orc warlords before going toe-to-toe with their evil boss. The result rewards a smart strategic approach as much as skilful sword-play, and it's utterly unique.

8

Great games from 2014

Monument Valley

(Ustwo, for iOS and Android)

Each of the three-dimensional landscapes here looks like an M.C. Escher drawing, with paths and staircases that seem impossible to traverse. To find the exit, you need to change perspective and rotate parts of the structure. A haunting soundtrack hints at mysteries that may never be solved.

Wolfenstein: The New Order

(MachineGames, for PlayStation 3, PlayStation 4, Xbox 360, Xbox One, PC)

We got a bunch of new first-person shooters in 2014, but the freshest was this revival from Sweden's MachineGames. Set in an alternate Europe where the Nazis won, it's an expertly paced thriller with a cast of resistance fighters that you may find yourself caring about.

Captain Toad: Treasure Tracker

(Nintendo, for Wii U)

Nintendo's Wii U console finally found its mojo with several big multiplayer games, but this low-profile puzzler starring one of the company's most endearing bench players is tops. Its 3D mazes are first-rate, and you'll want to spend hours exploring every nook and cranny.

Far Cry 4

(Ubisoft Montreal, for the PlayStation 3, PlayStation 4, Xbox 360, Xbox One, PC)

Ubisoft has become the king of sprawling, open-world action games. Far Cry 4 is the best of this year's batch. The new Himalayan setting offers not just breathtaking scenery but also the opportunity for all kinds of high-altitude high jinks.

Revisit a decade of friendship in just one episode per season

Streaming. As Friends arrives on Netflix, here are our choices for the best episode to watch from each of the show's 10 seasons

LISA WEIDENFELD
Metro in Boston

Friends will be at your fingertips in its entirety when it becomes available on Netflix Dec. 31. But where to start? Here are our picks for the top episodes, season by season.

Season 1: The first season is mostly appealing because of how adorably young everyone looks. We say, start things off with a bang, and go ahead and try the pilot.

Season 2: This is where the show really starts to hit its stride. But if you have to pick just one classic, we say go with The One with the Prom Video, where Ross and Rachel first get together, thus embarking on one of television's most famous (if often mocked) relationships.

Season 3: Hope you enjoyed Ross and Rachel together! By the end of this season, they're already broken up, after the infamous "we were on a break" fight. Instead of diving into heartbreak, pick an episode from earlier in the season. Watch The One Where No One's Ready, which is a strong contender for best episode of the series.

Season 4: Although it's tempting to pick one of the later episodes, once Ross names the wrong woman at his wedding, we say watch The One with the Embryos, where Monica, Rachel, Chandler and Joey have a competition to see who knows each other better.

Season 5: Monica and Chandler start hooking up at the end of Season 4, but they maintain a secret relationship for a significant portion of Season 5. Which is why we particularly enjoy the episode when everyone catches them at it, called The One Where Everyone Finds Out.

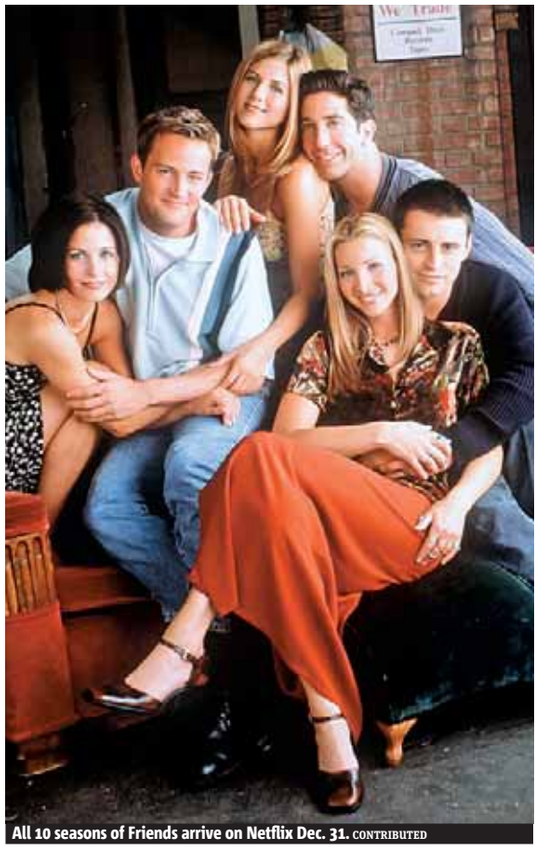
Season 6: This season builds to Chandler and Monica's engagement, but for true romance points, we prefer the doubleheader, The One That Could Have Been, about what would happen if various early plot points hadn't occurred.

Season 7: Remember Ben? Sometimes, it seemed like the show didn't, but every now and then the writers brought back Ross' son. In The One with the Holiday Armadillo, Ross decides to teach Ben about Hanukkah, but deciding to do so in costume last minute leaves him stuck dressing up as armadillo instead of Santa.

Season 8: Our pick for this season is a bit of a downer but, at the time, it was just plain funny. We're speaking, of course, of The One with the Rumor, which maybe didn't have the best gender politics, but milked quite a bit out of having Jennifer Aniston's then-husband, Brad Pitt, guest star.

Season 9: We're going to go with The One with Rachel's Other Sister, wherein Christina Applegate joins the gang's Thanksgiving festivities as Amy, Rachel's self-centered, bratty sister.

Season 10: You could watch the finale to wrap up your Friends binge-watch, but we instead recommend The One with Princess Consuela Banana Hammock, which is the last episode to really traffic in the goofy hijinks the show was known for. After that, it focuses on wrapping up everyone's story lines.



All 10 seasons of Friends arrive on Netflix Dec. 31. CONTRIBUTED

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Envy is your biggest enemy

Finance. To be truly happy, you need to focus on your own successes rather than comparing your life to others around you

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you're constantly worrying about what your friends and neighbours have compared to you, then you're making your life a living hell for no reason. ISTOCK

Is there anything worse than feeling really good about how you're doing, only to run into an old friend, your brother's ex-wife, or your roommate from university and find out they're doing much better?

The buzz you got off a new raise can evaporate when someone tells you how much more they are making. The new-car smell wears off fast when your best friend pulls up in a more expensive convertible. Whazzup with that?

If you're wondering how come all your friends drive nicer cars, live in bigger houses, or go on more exotic vacations, you're among a large group of people who don't understand why they can't have it all. After all, everyone else seems to. And don't you work hard? Don't you deserve to have nice things, too?

Welcome to the monster called Envy. Alive and well, and spreading joy in the 21st century, envy is the art of counting everyone's blessings instead of your own.

Envy comes from focusing on what is missing. The antithesis of envy is gratitude, and the virtue that offsets envy is kindness. So do you think of yourself as a kind person? Or do you find that when you look at others' lives, you wish they weren't quite so successful, quite so rich, quite so happy?

If you're always worried about what your sister has, what kind of car your neighbour drives, or how great your brother-in-law is compared to your slug of a husband, you've got a problem.

You're making your life a living hell. You're so busy comparing what you've accomplished with what others have achieved, you can't take any pleasure in your own accomplishments. That's why you've gone out and spent another whack of cash on crap you don't need and can't afford.

As with every emotion, envy is born out of thought. Since you thought your way into feeling this very negative emotion, you can think your way back out of it.

Awareness is the first step in dealing with this deadly sin. Awareness, and then the desire to feel good about another's happiness and success. Positive energy creates positive energy. The opposite is also true.

The big joke, of course, is that while you're busy envying Jane, Jane's probably envying Michael, who in turn is envying you. Yup, it's human nature to think that what other people have is better.

But if you can change what you're thinking about — stop focusing on the other and focus on yourself — you can change those feelings.

What you're wearing today, the car you drove to work, the place where you live has little to do with who you are. In my line of work, I meet all sorts of people who want to measure themselves on the Stuff Scale.

"I could never put my child in second-hand clothes."

"I can't drive a North American car."

"I could never live in an apartment."

Really? If you need symbols to define yourself, what you really need to do is get real.

And if your circumstances have been in the gray area for a while and you're growing resentful of what you can't afford, throwing yourself a pity party won't get you anywhere.

What you need to do is set some goals, follow through, achieve your own brand of success, and celebrate yourself.

This isn't about what you have, do, or are. It's about what you're doing to make your life richer (texture, not money) and how you're helping others achieve their goals.

So, where do you want to be by the end of this year? What can you do to get there?

Adding perspective

Since you're living in a first-world country, you are likely better off than millions of other people around the world. Sure, Sue eats out three times a week and has a cleaning lady, but you have enough food and a clean and cozy place to sleep. Isn't that enough? If it isn't, then it's time to get busy volunteering with some folks who could really use help: the homeless, the battered, the unwell. You're much more likely to count your blessings if you change your frame of reference.

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Meatball wraps are tasty and fun anytime

Asian Meatball Lettuce Wraps with Rice Noodles. Quick and easy to prepare, this dish can be eaten taco style or with a knife and fork

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

In Asian cuisine, we always see soft lettuce being used as a form of a wrap to serve your foods with, such as in Moo Shu Pork.

I took the idea of small Asian-flavoured meatballs with a delicious light coconut sauce and served this over a bed of Chinese noodles on top of a Boston lettuce leaf.

You can wrap and eat, as in a taco style, or use a fork and knife.

It's a fun meal to have any night of the week, or a tasty alternative to offer your guests while entertaining. Makes 10 wraps.

Served over a bed of noodles on a lettuce leaf, these meatball wraps are something a bit different to offer your guests. ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Sauce
- 3/4 cup light coconut milk
- 1/3 cup low-sodium beef or chicken stock
- 2 tsp fresh lemon juice
- 2 tbsp hoisin sauce
- 2 tsp packed brown sugar
- 1 tsp cornstarch
- 1 tsp minced ginger
- 1 tsp minced garlic
- 1 tsp hot sauce (sriracha)

Meatballs
- 1 lb extra-lean ground beef
- 1 egg
- 1/4 cup hoisin sauce
- 1/4 cup finely diced green onions
- 1/4 cup unseasoned dry bread crumbs
- 2 tbsp finely chopped fresh cilantro
- 2 tsp minced garlic
- 1 1/2 tsp crushed ginger
- Pinch each of salt and ground black pepper
- 2 oz of dried, thin rice noodles
- 10 Boston lettuce leaves

Garnish (optional)
- 1/4 cup diced red bell pepper
- 2 tsp toasted sesame seeds

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. To make the sauce: In a bowl, stir together the coconut milk, stock, lemon juice, hoisin sauce, sugar, cornstarch, ginger, garlic and hot sauce until the cornstarch is dissolved.

3. To make the meatballs: In a bowl, stir together the beef, egg, hoisin, onions, bread crumbs, cilantro, garlic, ginger and salt and pepper. Form into 1-inch meatballs, making about 30. Place on a baking sheet and bake for 10 minutes or just until no longer pink.

4. In a small skillet, add the sauce and simmer just until lightly thickened.

5. Boil the noodles, drain well. On each lettuce leaf, divide the noodles, add three meatballs and sauce, and garnish with red bell pepper and toasted sesame seeds.

Sweet potato soup a suitable side for any ethnic dish

In West Africa, the combination of sweet potatoes and peanuts is common in many dishes.

I created this delicious and nutritious soup that is a suitable side for any ethnic cuisine. Be sure to use natural peanut butter to avoid added sugars or hydrogenated oils. Serves 10.

Ingredients
- 1 1/2 cups chopped onions
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- 1 1/2 tsp grated ginger
- 1 cup diced carrot
- 2 cups diced sweet potatoes
- 4 cups chicken or vegetable stock
- 2 cups tomato juice
- 1 cup smooth peanut butter
- 2 tsp sugar (optional)
- 1 tsp hot sauce (sriracha)

Garnish
- 1/4 cup toasted chopped peanuts
- 1/4 cup chopped tomatoes
- 2 tbsp chopped cilantro

Directions

1. Sauté the onions, garlic and ginger in oil until onions are soft, about 3 minutes.

2. Add the carrot, sweet potatoes and stock, cover and simmer for 15 minutes or just until vegetables are tender. Place in a food processor along with tomato juice, peanut butter, sugar and hot sauce and puree until smooth. You may need to do this in two batches. Add extra stock if too thick.

3. Garnish with toasted peanuts, tomatoes and cilantro.

4. Cook time: 22 minutes.

ROSE REISMAN

Garnish the sweet potato soup with toasted peanuts, tomatoes and cilantro. ROSE REISMAN

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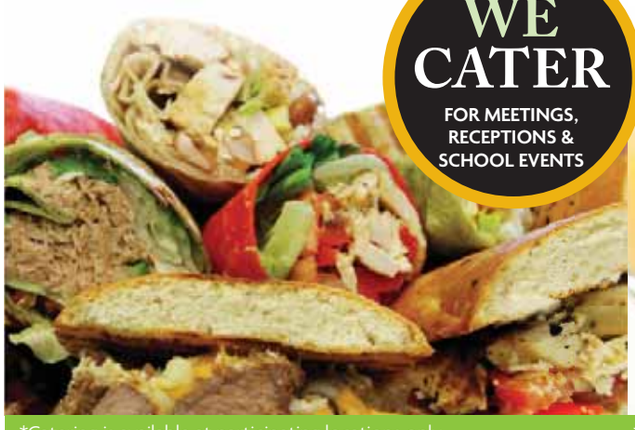

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THIS IS REAL.

It's beginning to look a lot like the work blahs

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I get extremely sluggish in the winter. It's so hard to get up in the morning — and even once I'm awake, I still feel like I'm asleep. Everything is just so blah. How can I stay focused at work when all I want to do is crawl under a blanket?
— Want 2 Hibernate

Dear W2H,
If only we could eat a bunch of acorns, then curl up in a cute little ball and nap until April. But humans aren't chipmunks. Even in 20-below weather, we've got to haul our tails to work.

Although you want to park yourself under an afghan, don't. Physical activity — even a little bit each day — can radically energize your system. To stay positive at work, set a few manageable professional resolutions that will boost your performance without stirring up oh-no-I'm-flunking-my-resolutions anxiety. And give yourself something fun to look forward to on a daily basis.

It could be something big, like a vacation. Or something small, like fancy crackers in your lunch. Winter slowdown is normal, but if your blahs run really blue, consider seeking treatment for Seasonal Affective Disorder (SAD).

Health-care professionals can advise on ways to make the dreary months less dark, both at work and in your off-hours. The weather outside may be frightful, but the next few months don't have to be totally awful.

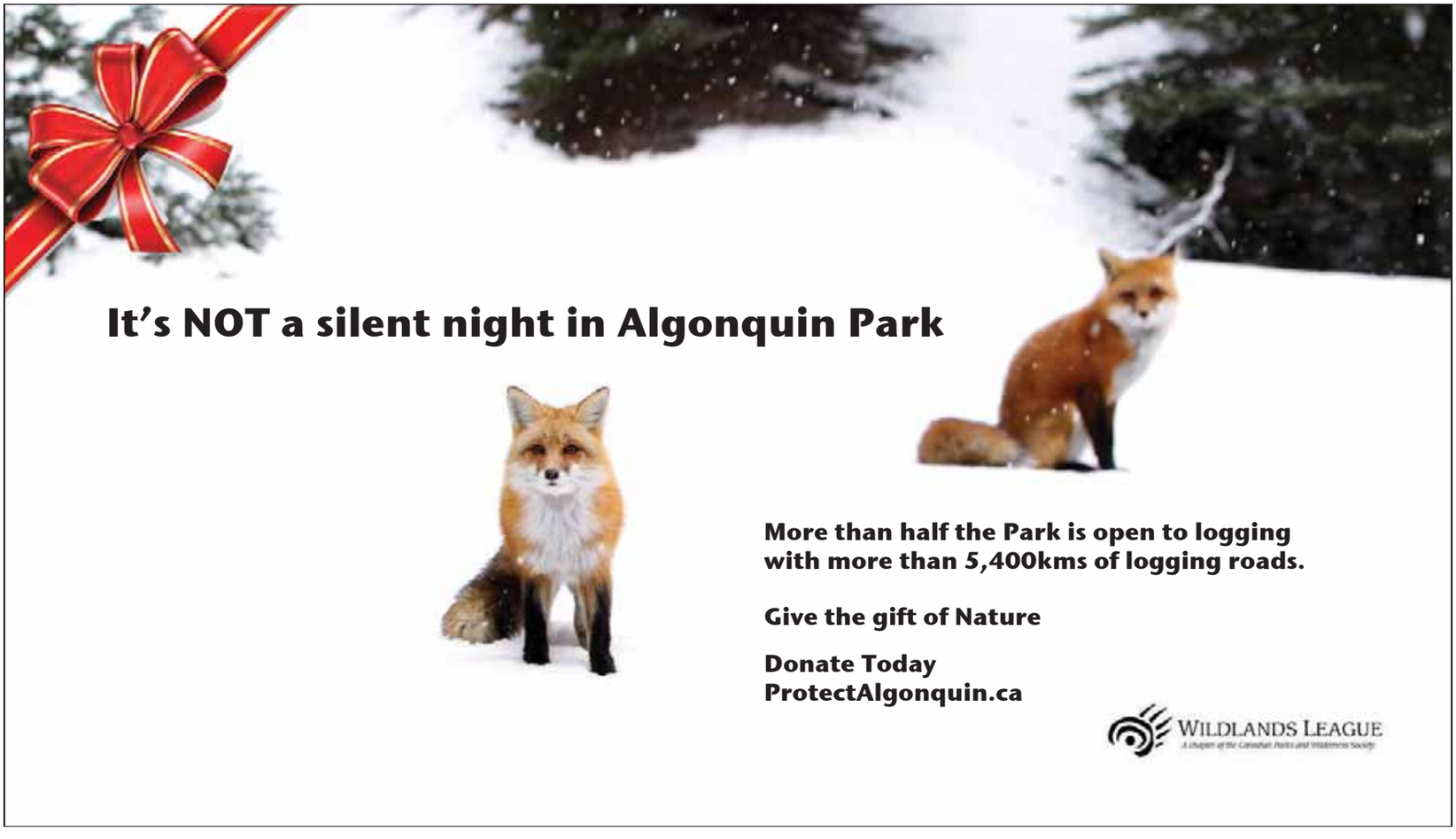
Dear Metro,
My boss recently lost it on a colleague for mixing up the numbers in a report. Thing is, my colleague had the wrong numbers because of a silly mistake with my calculations. I know I should confess, but I started this job recently and I don't want to get off on the wrong foot. How can I absolve my co-worker without hurting my own career?
— Playing Scruples

Dear PS,
Your biggest mistake is not owning up to your mistake. While small slip-ups don't necessarily need admitting, hiding larger missteps could easily make them worse. In this case, size doesn't matter: someone else shouldn't have to take the blame for your blunder.

Find a way to frame your story so you don't come off like the no-shame new guy who stood idle while Peter got screamed at in his stead.

A small but self-serving white lie — "I just noticed an error in my calculations" — could exonerate your colleague while downplaying your cowardice. Confessing won't be easy, but facing your faults is a sign of professional maturity. Clear the air and your conscience, then move forward. Your boss may irritated that you made an anger-worthy gaffe in your first stint on the job. But it would be even worse if he found out you were a liar.

It's hard to stay happy when the weather is at its worst, but there are ways to curb your curmudgeonliness. ISTOCK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Awful third period costs Leafs a win in Florida

NHL. Toronto follows up four-goal outburst in second with complete capitulation in final frame versus Panthers

Panthers defenceman Erik Gudbranson and Maple Leafs centre Nazem Kadri fight for the puck during the second period of Sunday night's game in Sunrise, Fla. The Leafs took a 4-2 lead into the third period but lost 6-4. TERRY RENNA/THE ASSOCIATED PRESS

Brad Boyes and the resilient Florida Panthers put together a big rally against the Toronto Maple Leafs on Sunday night.

Boyes scored a tiebreaking power-play goal in Florida's four-goal third period, sending the Panthers to a 6-4 victory over the Maple Leafs.

Willie Mitchell, Dmitry Kulikov and Scottie Upshall also scored in the third for the Panthers, who have won four of five. Jonathan Huberdeau had a goal and an assist, and Jussi Jokinen had two assists.

The Maple Leafs (20-13-3) were 14-0-0 when leading after two periods, but Florida (16-9-8) put an end to the streak in front of its season-best crowd of 17,877.

"We had a good chat between (the second and third) periods. We talked about getting back to our game and playing smart and a north-south game," Panthers coach Gerard Gallant said.

"We worked hard and we got a couple of bounces and breaks and I thought we deserved the game."

James van Riemsdyk had a goal and an assist for Toronto, which has dropped four of five. James Reimer made 29 saves.

Florida and Toronto combined for six goals in the second, but the Panthers controlled the final period.

On Sunday

Maple Leafs	Panthers
6	4

Kulikov started the rally when he whistled a shot past Reimer 2:45 into the third for his first goal of the season. Mitchell, another defenceman, then used a pass from Huberdeau to tie it 4-4.

Boyes tipped in Kulikov's shot from the point for the game-winning goal at 16:45, and Upshall added an empty-netter for his fifth of the season.

Reimer said the traffic in front of him was an issue.

"They just got pucks and bodies to the net. Unfortunately, I wasn't able to see a couple of them and they got in the back of the net," he said.

Florida's closing flourish came after Roman Polak, van Riemsdyk and Nazem Kadri scored in a span of 4:42 in the second to lift the Maple Leafs to a 4-2 lead.

Polak beat goaltender Robert Luongo on Toronto's ninth shot at 14:16. Van Riemsdyk then tipped a shot past Luongo at 17:30 after Cody Franson slid the puck between Florida defenceman Dylan Olsen's legs.

The power-play goal was van Riemsdyk's 16th of the season.

"We didn't put it away and couldn't keep the puck out of our net. I think everyone can share the blame in those goals in the third," Lupul said.

"When you're up 4-2 — that's a team that has trouble scoring, though they're a hard-working team — you've got to at least get a point out of that game."

THE ASSOCIATED PRESS

World juniors

Swiss blue-liner 'all right' after scary hit at ACC

Swiss defenceman Phil Baltisberger was taken off the ice on a stretcher Sunday after receiving a high hit in a 7-0 loss against Russia at the world junior hockey championship.

Swiss coach John Fust said after the game there was no immediate word on the Guelph Storm player other than he was moving. He was taken to hospital to be checked.

But Swiss captain Yannick Rathgeb offered a more positive update.

"He can feel his legs, he's all right," said Rathgeb. "He can feel everything. He just didn't have any power to get up and his neck really hurt."

THE CANADIAN PRESS

NFL

Harbaugh, Niners go separate ways

San Francisco 49ers coach Jim Harbaugh will not return for the final season of his $25-million, five-year contract he signed in January 2011.

The announcement came Sunday after a 20-17 win over the Arizona Cardinals and following an 8-8 season in which San Francisco had hoped to establish some momentum in the new $1.3-billion stadium.

Instead, the 49ers saw thousands of empty seats at most games were eliminated from playoff contention with a 17-7 loss at Seattle on Dec. 14. THE ASSOCIATED PRESS

Canada set to shift into high gear vs. Finns

Opening with a pair of one-sided wins was a confidence booster for Canada but now comes the first real test at the world junior championship: Finland.

Canada (2-0-0) enters Monday's game in Montreal on a high after shutouts over Slovakia and Germany, but the defending champion Finns (0-1-1) are a step up in competition.

"They've yet to win a game, so they're going to be coming at us," forward Curtis Lazar said Sunday. "It'll probably be do or die for them.

"They really need to take a step in that direction, and we get the lucky draw of having to face them. We've got to try to weather the storm."

Fucale not fearing the Finns

"I wouldn't say it's fresh in my mind, but I remember what happened and I learned from it."

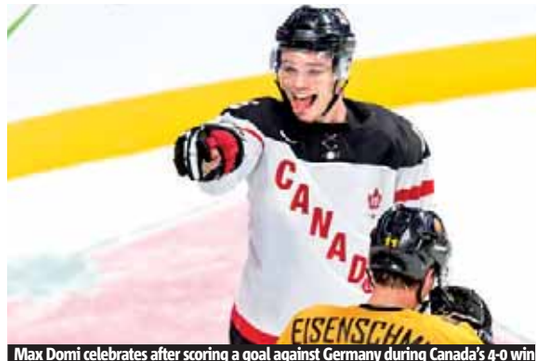
Canada goalie Zach Fucale who will be in net when Canada faces Finland tonight in Montreal. Fucale was in the net for last year's loss to the Finns, that guaranteed Canada would go a fifth straight year without a gold medal.

It has not gone well so far for the Finns. They opened with a gutsy performance in a 2-1 shootout loss to the United States. Things then went south when Slovakia hung a surprise 2-1 defeat on them.

Many of the same Finnish players, including defence ace Julius Hinka, captain Artturi Lehkonen and goalie Juuse Saros were riding high at last year's event in Malmo, Sweden, when they toppled Canada 5-1 in the semis before beating the Swedes to claim their first title since 1998.

"They've got great goaltending too," added Lazar, one of the returnees. "We're going to have to get some good traffic in front of their goalie.

"Their defence does a great job of moving the puck and they've got some crafty forwards as well. So they're going to keep us on our toes, but if we play the way we can, we'll be fine." THE CANADIAN PRESS



Max Domi celebrates after scoring a goal against Germany during Canada's 4-0 win on Saturday night in Montreal. Canada also won 8-0 in its first game of the world juniors against Slovakia on Boxing Day. Canada will face tougher competition on Monday in defending champion Finland. PAUL CHIASSON/THE CANADIAN PRESS

Ravens swoop in for final AFC playoff spot

NFL. 2012 champs make up for last season's failed post-season bid, while Seahawks earn first seed in NFC

The Baltimore Ravens are back in the playoffs, while the Seattle Seahawks will be playing at home in them.

Baltimore made the post-season in the first five years with John Harbaugh as coach and Joe Flacco at quarterback, winning the 2012 championship. They failed to get in last season, but a 20-10 victory over the Cleveland Browns on Sunday, combined with San Diego's 19-7 loss at Kansas City, did the trick.

The Ravens (10-6, the same record they had in their Super Bowl season), earned a wild card and will be seeded sixth in the AFC.

"Anything can happen when you get into the playoffs," Flacco said. "I won't be surprised if in three weeks from now we're still sitting here playing."

Defending Super Bowl champion Seattle earned the top seed in the NFC by beating St. Louis 20-6. The Seahawks, winners of the NFC West, were 7-1 at home at the intimidating CenturyLink Field, and have a bye next week.

Green Bay won the NFC North by handling Detroit 30-20 and got the No. 2 seed in the conference and a bye. Both the Packers and Seahawks finished 12-4, with Seattle's opening victory against Green Bay serving as the tiebreaker.

Detroit (11-5) will play at NFC East champ Dallas (12-4) in the wild-card round.

Carolina (7-8-1) became the second division champion with a losing record in NFL history. Its 34-3 rout at Atlanta earned the NFC South title.

The Panthers will host Arizona (11-5), which fell to San Francisco 20-17 but got the other NFC wild card.

AFC East champion New England (12-4) owns home-field advantage in the conference and will be off next weekend. Denver (12-4), the West winner, also will have a bye after defeating Oakland, 47-14.

THE ASSOCIATED PRESS

AFC North showdown

The AFC North champion was determined in the Sunday night game between Cincinnati (10-4-1) and Pittsburgh (10-5). The loser gets a wild-card berth and plays at South champion Indianapolis (11-5). The winner hosts the Ravens.

- For the result of the regular-season finale, go to metronews.ca.

Ravens wide receiver Torrey Smith pulls in a catch for a first down in front of Browns cornerback Joe Haden on Sunday in Baltimore. The Ravens scored 17 unanswered points to win 20-10. NICK WASS/THE ASSOCIATED PRESS

Raps notorious on D but shocking foes on offence

The Raptors — to steal a pet phrase from their coach, Dwane Casey — have told on themselves.

Despite the intense wishes of Casey, who has made a reputation over more than a quarter-century of coaching as a defence-first mentor, this incarnation of the team boasts an ability to simply outscore teams when it's needed.

"It's like a mirage," Los Angeles Clippers coach Doc Rivers said Saturday before the Raptors hung 110 points on his team in an impressive going-away win.

"They are telling everyone from last year that they are this big, physical, defensive team. And then when you play them they run you to death and they score in the 100s.

"They are the second team in the NBA offensively, but if you ask your players or anyone, 'Tell me about Toronto,' the first thing they say is 'physical, pound you defensively.' I don't know how they are getting away with this."

Though mostly on the perimeter, the Raptors have a number of ways of scoring. And it's that depth that makes Toronto often bullet-proof offensively.

If one player is struggling, they can find one who isn't, and the players are smart enough to ride the hot hand until it's someone else's turn.

"We want to be a grind-it-out defensive team, but the game has forced us at times to be an up-and-down kind of offensive team, so we are searching," he said. "There are times we do put together some good defensive series, but we are still searching."

TORSTAR NEWS SERVICE

Mile-high showdown

The Raptors paid the Nuggets a visit in Denver on Sunday night. Go to metronews.ca for the result.

NBA

Pistons fire on all cylinders, rout Cavs

Brandon Jennings scored 25 points, and the Detroit Pistons used an 18-0 run in the second quarter to roll past the Cleveland Cavaliers 103-80 on Sunday.

It was Cleveland's second blowout loss at home in less than two weeks. THE ASSOCIATED PRESS

Female athlete of year

Bouchard repeats as CP award winner

In landslide fashion, tennis star Eugenie Bouchard won the Bobbie Rosenfeld Award as the Canadian Press female athlete of the year.

It was the second straight year the 20-year-old from Westmount, Que., won the award.

THE CANADIAN PRESS

City collapses, Chelsea still holding on

Premiership. Action-packed weekend ends with United still far behind in third place

Quoted

"Southampton defended with everything and they defended a lot. We tried everything and we dominated, we created a lot."

Chelsea manager jose Mourinho on the 2-2 draw with Southampton

Chelsea retained its three-point lead at the midpoint of the Premier League season on Sunday despite being held to a draw by Southampton, thanks to Manchester City's collapse against struggling Burnley.

After Eden Hazard recovered a 1-1 draw for Chelsea at fourth-place Southampton, defending champion City threw away a 2-0 lead at home to draw 2-2 with 19th-place Burnley.

On a day when 18 of the 20 teams were in action less than 48 hours after playing on Friday in this traditionally packed Christmas fixture program, the top four all drew.

Manchester United missed an opportunity to make ground on the pacesetters, remaining seven points behind City in third place after being held 0-0 at Tottenham.

But Arsenal dislodged West Ham from fifth place by winning their London derby 2-1 after Santi Cazorla earned and converted a penalty and Danny Welbeck scored the second.

At the other end of the standings, Leicester remains last but raised its hopes of survival by beating Hull 1-0 for its first victory since September.

Hull is only out of the relegation zone due to its superior goal difference over Crystal Palace, which drew 0-0 with fellow struggler Queens Park Rangers.

The most goals of the day came in a clash of mid-table teams at St. James' Park, with Jack Colback scoring his first Newcastle goal to clinch a 3-2 win over Everton.

THE ASSOCIATED PRESS

Chelsea's Didier Drogba controls the ball whilbe being pressed by Southampton players on Sunday in Southampton, England. TIM IRELAND/THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may be desperate to get things moving again but don't jump the gun. You will get your chance to shine towards the end of this week.

♉ Taurus
April 21 - May 21
You will have to deal with someone's negative or emotional attitude over the next 24 hours. This is one of the best times of the year for you, so don't let anyone spoil it.

♊ Gemini
May 22 - June 21
You will be tempted to ignore a problem today in hopes that it will go away – and you are right to do so. This is one of those problems that is only a problem if you think it is a problem.

♋ Cancer
June 22 - July 23
Be careful what you say today because if you are not clear about your meaning someone could take your words the wrong way. Polish up your communication skills. You will need them this week.

♌ Leo
July 24 - Aug. 23
You have precious little to worry about but you may have to trick your mind into believing that is so. Focus only on good things over the next 24 hours.

♍ Virgo
Aug. 24 - Sept. 23
Snap out of thinking this isn't a great time of the year because some wonderful opportunities will come your way this week.

♎ Libra
Sept. 24 - Oct. 23
Try not to dwell on negative news. The planets warn you are taking a situation far too seriously. If it does not bother the people it most affects then why should it bother you?

♏ Scorpio
Oct. 24 - Nov. 22
This may be a confusing day on the work front as signals get jumbled. Ignore what others say you should do and follow your instincts instead.

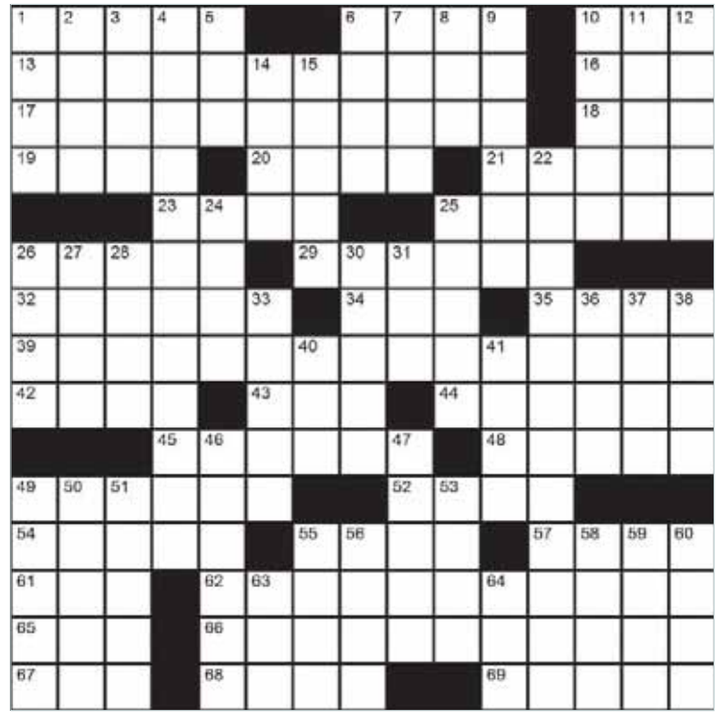
♐ Sagittarius
Nov. 23 - Dec. 21
Your logic circuits don't appear to be functioning too well at the moment, so it might be wise to resist making any major decisions, especially where money matters are concerned.

♑ Capricorn
Dec. 22 - Jan. 20
Something tells you this is not a good day to take chances, not least because you find it hard to separate fact from fiction. Give it a few days and you can take all the chances you want.

♒ Aquarius
Jan. 21 - Feb. 19
It's possible you could read too much into a normal situation today but that's better than pushing ahead with no thought for what could go wrong.

♓ Pisces
Feb. 20 - March 20
You are worrying about something. It could be you are imagining things but more likely your inner voice is trying to tell you something important.

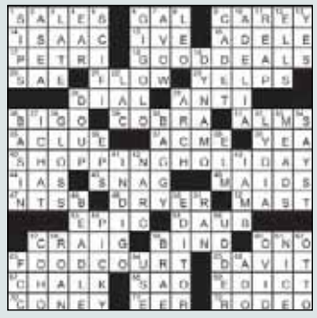
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Air freshener brand
6. Rikki-Tikki-__
10. Singer Mr. Thomas, et al.
13. Mary Richards on The Mary Tyler Moore Show: 2 wds.
16. Director Mr. Besson
17. Old West meals transporters
18. Ruckus
19. Puccini aria: Vissi d'__
20. Mr. Cournoyer, Hockey Hall of Famer
21. Proprietor
23. Ponder
25. BC's __ Valley
26. Swedish cars
29. Happy person
32. Years: French
34. Lunched
35. Fort __, Kentucky
39. Many-a-famous-performers production, for example: 2 wds.
42. Egyptian Myth: Nile god
43. __ _ break
44. Famous green frog, to Miss Piggy
45. Certain crustacean
48. Higgs __, 'The God Particle'
49. Rooster logo book publisher
52. "__ __ sure you're aware..."
54. Awry
55. In __ (As originally placed)
57. Frost
61. Word: French
62. Northwestern Alberta town
65. Li'l office
66. Members include Andrew, Elizabeth and Harry: 2 wds.
67. Hotness
68. Its capital is Muscat
69. Tennis star Ms. Williams

Down
1. Environment Canada's website, www.ec.__.__
2. Actor Bert
3. In _ __ (Stuck)
4. "The Wrong Year" by The __
5. "Mouse!"
6. Ancient outfit
7. "Hush! I __ __ the phone!"
8. Vehicle variety
9. Footwear accessory
10. Cartoon voice Mel
11. Herod the Great's realm
12. Contempt
14. Li'l tracks for trains
15. Gestures 'hello'
22. Partake in that office teleconference in your pajamas: 3 wds.
24. Purposes
25. Streamlined
26. Waistcloth
27. Attached-to-the-wall ancient Greek temple pillar
28. Take _ __ (Rest)
30. __ Secretary: A Memoir (Madeleine Albright book)
31. "__ be nice if..."
33. Winter occurrence
36. "__ Island" (2008)
37. Mixture
38. Wolverine's mutant buddies
40. Single
41. Actress Ms. Mazar
46. Board game firm
47. Pi __ (Protagonist in Yann Martel's 2001 novel Life of Pi)
49. 1942 Disney classic
50. Love: French
51. Saltpetre
53. Verb for The Beach Boys
55. Dionne Warwick's "I __ _ Little Prayer"
56. Russia's Terrible tyrant
58. Norse deity
59. Seal-made breathing hole in the ice in the Arctic
60. Curious George co-writers Margret and H.A.
63. 31st on calendars (acronym)
64. Washroom, briefly

Boxing Day's Crossword

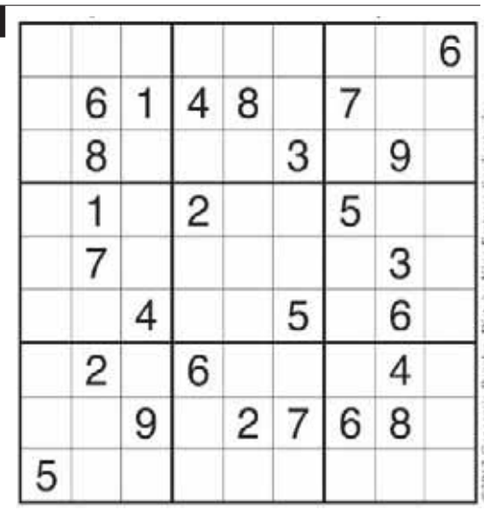


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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boxing Day's Sudoku

5	1	9	6	4	2	3	7	8
4	2	7	8	1	3	6	5	9
3	8	6	5	7	9	4	1	2
1	9	5	3	6	4	8	2	7
7	4	8	1	2	5	9	6	3
2	6	3	9	8	7	5	4	1
6	5	1	7	9	8	2	3	4
9	7	4	2	3	6	1	8	5
8	3	2	4	5	1	7	9	6

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